

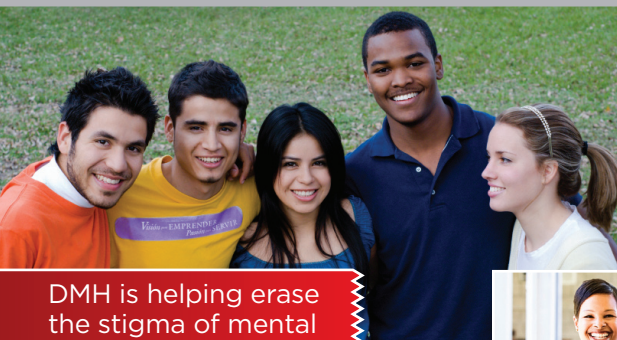


DMH is supporting the evolution of mental health services...**TODAY**



DMH is bringing the future...**TODAY**

Supporting a Better Tomorrow...Today



DMH is helping erase the stigma of mental health...**TODAY**



DMH is bringing more services to the community...**TODAY**

Mission

Supporting a better tomorrow by making a difference in the lives of Mississippians with mental illness, substance abuse problems and intellectual/developmental disabilities one person at a time.

Vision

We envision a better tomorrow where the lives of Mississippians are enriched through a public mental health system that promotes excellence in the provision of services and supports.

Core Values & Guiding Principles

PEOPLE

We believe people are the focus of the public mental health system. We respect the dignity of each person and value their participation in the design, choice and provision of services to meet their unique needs.

COMMUNITY

We believe that community-based service and support options should be available and easily accessible in the communities where people live. We believe that services and support options should be designed to meet the particular needs of the person.

COMMITMENT

We believe in the people we serve, our vision and mission, our workforce, and the community-at-large. We are committed to assisting people in improving their mental health, quality of life, and their acceptance and participation in the community.

EXCELLENCE

We believe services and supports must be provided in an ethical manner, meet established outcome measures, and are based on clinical research and best practices. We also emphasize the continued education and development of our workforce to provide the best care possible.

We believe it is our responsibility to be good stewards in the efficient and effective use of all human, fiscal, and material resources. We are dedicated to the continuous evaluation and improvement of the public mental health system.

We believe that services and supports are the shared responsibility of state and local governments, communities, family members, and service providers. Through open communication, we continuously build relationships and partnerships with the people and families we serve, communities, governmental/ nongovernmental entities and other service providers to meet the needs of people and their families.

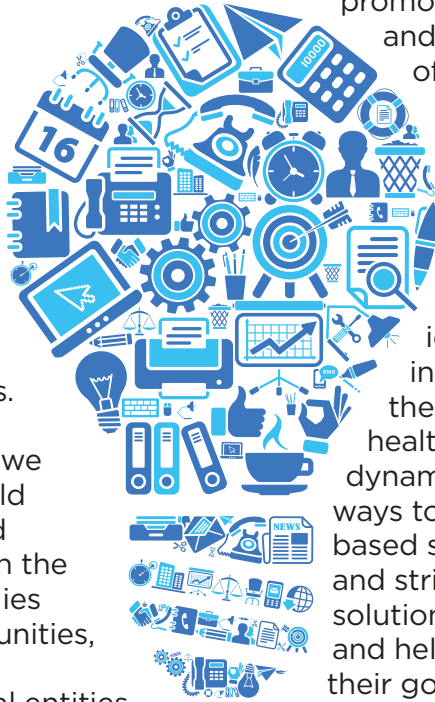
We believe the public mental health system should act in an ethical, trustworthy, and transparent manner on a daily basis. We are responsible for providing services based on principles in legislation,

AWARENESS

We believe awareness, education, and other prevention and early intervention strategies will minimize the behavioral health needs of Mississippians. We also encourage community education and awareness to promote an understanding and acceptance of people with behavioral health needs.

We believe it is important to embrace new ideas and change in order to improve the public mental health system. We seek dynamic and innovative ways to provide evidence-based services/supports and strive to find creative solutions to inspire hope and help people obtain their goals.

We believe in respecting the culture and values of the people and families we serve. We emphasize and promote diversity in our ideas, our workforce, and the services/ supports provided through the public mental health system.



For more information about services or if you or a loved one needs help, call the **Mississippi Department of Mental Health's Helpline at: 1-877-210-8513**. Staff are available to provide help around the clock.

Through the Office of Consumer Support you or members of your family can:

- Receive information about other mental health, intellectual and developmental disabilities and substance abuse services available in Mississippi.
- File a formal grievance, which will be followed up on and responded to by staff at DMH's Office of Consumer Supports.

You can also find additional information about services/ supports at DMH's Web site www.dmh.ms.gov.



If you or someone you know is at risk for suicide, contact the **National Suicide Prevention Lifeline at 1.800.273.TALK (8255)**

What is Recovery?

Recovery means something different to everyone. Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

THE 10 FUNDAMENTAL COMPONENTS OF RECOVERY

SELF-DIRECTION: To the highest degree possible, consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life.

INDIVIDUALIZED & PERSON-CENTERED: There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations.

EMPOWERMENT: Consumers have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources—that will affect their lives, and are educated and supported in so doing.

HOLISITC: Recovery encompasses an individual's whole life, including mind, body, spirit, and community.

NON-LINEAR: Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.



STRENGTHS-BASED: Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.

PEER SUPPORT: Mutual support—including the sharing of experiential knowledge and skills and social learning—plays an invaluable role in recovery.

RESPECT: Community, systems, and societal acceptance and appreciation of consumers—including protecting their rights and eliminating discrimination and stigma—are crucial in achieving recovery.

RESPONSIBILITY: Consumers have a personal responsibility for their own self-care and journeys of recovery.

HOPE: Recovery provides the essential and motivating message of a better future—that people can and do overcome the barriers and obstacles that confront them.

RESILIENCY: "Resiliency means the personal and community qualities that enable us to rebound from adversity, trauma, tragedy, threats, or other stresses – and to go on with life with a sense of mastery, competence, and hope".

Strategic Plan

Several years ago, DMH developed its first Strategic Plan in order to set clear goals and objectives for our future. This plan continues to be a road map for the public mental health system as we focus on moving towards enhancing our community-based system of care.

People are the heart of the public mental health system and our mission is to make a difference in their lives.

Using the mission, vision, and values, the Board of Mental Health developed five goals to address the transformation of the DMH service system. The goals and objectives will guide DMH's actions in continuing to move toward a community-based service system. Each goal includes specific objectives that include action plans, performance measures, timelines, and responsible parties.

- GOAL 1** Maximize efficient and effective use of human, fiscal, and material resources
- GOAL 2** Continue transformation to a person-driven, community-based service system
- GOAL 3** Improve access to care by providing services through a coordinated mental health system and in partnership with other community service providers
- GOAL 4** Implement evidence-based or best practice models and service outcome measure
- GOAL 5** Utilize information/data management to enhance decision making and service delivery



Services/Supports Overview



The Mississippi Department of Mental Health (DMH) certifies, provides and/or financially supports a network of services for people with mental illness, intellectual/developmental disabilities, substance abuse problems, and Alzheimer's disease and/or other dementia. It is our goal to improve the lives of Mississippians by supporting a better tomorrow...today.

The mental health service delivery system is comprised of three major components: 1) state-operated programs, 2) regional community mental health centers, and 3) other nonprofit/profit service organizations.

The overall statewide administrative functions are the responsibility of DMH Central Office. The management team is headed by the Executive Director and programmatic and administrative bureaus.

DMH directly operates four behavioral health programs, one mental health community living program, a specialized behavioral health program for youth, five programs for persons with intellectual and developmental disabilities, and one specialized program for adolescents with intellectual and developmental disabilities. The programs serve designated counties or service areas and offer community living and/or community services.

Community Services

A variety of community services and supports are available through DMH certified providers. Services are provided to adults with mental illness, children and youth with serious emotional disturbance, children and adults with intellectual/developmental disabilities, persons with substance abuse problems, and persons with Alzheimer's disease or dementia.

For more information about services and providers in your area, contact the DMH Office of Consumer Support at 877.210.8513 or visit www.dmh.ms.gov. For more detailed information about the services listed on pages 9 and 10, visit www.dmh.ms.gov.

The types of services offered through DMH's certified providers vary according to location but statewide include:

Services for Adults with Mental Illness

- Crisis Stabilization Programs
- Psychosocial Rehabilitation Services
- Consultation and Education Services
- Emergency/Crisis Services
- Pre-Evaluation Screening/Civil Commitment Exams
- Outpatient Therapy (Individual, Family and Group Therapy)
- Community Support Services
- Acute Partial Hospitalization
- Senior Psychosocial Rehabilitation Services
- Peer Support Services
- Supported Living
- Programs of Assertive Community Treatment (PACT)
- Supervised Living
- Physician/Psychiatric Services
- SMI Homeless Services
- Drop-In Centers
- Day Support
- Targeted Case Management

Services for Children and Youth with Serious Emotional Disturbance

- Therapeutic Group Home
- Treatment Foster Care
- Prevention/Early Intervention
- Emergency/Crisis Services
- Crisis Stabilization Services
- Targeted Case Management
- Peer Support (Family & Youth)
- Community Support Services
- Day Treatment
- Outpatient Therapy (Individual, Family & Group Therapy)
- Physician/Psychiatric Services
- MAP (Making A Plan) Teams
- Family Education and Support
- Wraparound Facilitation
- Intensive Outpatient Psychiatric Services
- Respite Services

Services for People with Alzheimer's Disease and Other Dementia

- Adult Day Services
- Caregiver Training

Services for People with Intellectual/Developmental Disabilities

- Early Intervention
- Supervised Living Services
- Work Activity Services
- Supported Employment Services
- Day Support Services
- Diagnostic and Evaluation Services
- Community Support Services
- ID/DD Waiver Home and Community Supports
- ID/DD Waiver Community Respite
- ID/DD Waiver Behavioral Support/Intervention
- ID/DD Waiver In-Home Nursing Respite
- ID/DD Waiver ICF/MR Respite
- ID/DD Waiver Day Services - Adult
- ID/DD Waiver Prevocational Services
- ID/DD Waiver Support Coordination
- ID/DD Waiver Occupational, Physical, and Speech/Language Therapies

Behavioral Health Program Services

The types of services offered through DMH's behavioral health programs vary according to location but statewide include:

- Acute Psychiatric Care
- Intermediate Psychiatric Care
- Continued Treatment Services
- Adolescent Services

IDD Program Services

The types of services offered through DMH's programs for people with intellectual/developmental disabilities vary according to location but statewide include:

- ICF/MR Residential Services
- Psychological Services
- Social Services
- Medical/Nursing Services
- Diagnostic and Evaluation Services
- Community Services Programs

What is Mental Illness?

A mental illness is a health condition that causes changes in a person's thinking, mood or behavior. It is sometimes easy to forget that our brain, like all of our other organs, is vulnerable to disease. Mental illness is a health condition just like diabetes or asthma is a health condition. Mental illnesses are more common than cancer and heart disease combined. One in five people will experience a mental illness during their lifetime, and one family in four has a member who is mentally ill and who will require some type of treatment. Good mental health is an essential component of good physical health.



How Do I Get Help?

DMH is dedicated to people receiving care in the least restrictive environment possible. Many mental disorders and illnesses can be successfully treated within your community at local behavioral health providers. Other people

may need hospitalization. Contact your local community service provider, and staff will explain the treatment possibilities there. An assessment will occur and a determination will be made if mental health services would be helpful, such as medication, people and/or family therapy, psychosocial rehabilitation services (therapeutic activities in a day program which can help people achieve/maintain as much independence in daily life as possible), residential services, and family or consumer education. If necessary, staff may guide you or the person you are concerned about through the process for hospitalization. This process might include civil commitment at one of the four state behavioral health programs. Private providers in your area may also provide treatment alternatives. Some of the main barriers to seeking help are the misconceptions and stereotypes we have of mental illness and mental healthcare. If you are someone you know needs help, don't be ashamed or embarrassed.

For more information, visit www.dmh.ms.gov or call DMH's Toll-Free Helpline at 1.877.210.8513.

Behavioral Health Program Locations

The state's behavioral health programs are administered by the Department of Mental Health. These programs offer residential and/or community services for mental health, substance abuse, and Alzheimer's disease and other dementia.

MISSISSIPPI STATE HOSPITAL

Whitfield, MS
Phone: 601.351.8000
www.msh.state.ms.us

EAST MISSISSIPPI STATE HOSPITAL

Meridian, MS
Phone: 601.482.6186
www.emsh.state.ms.us

NORTH MISSISSIPPI STATE HOSPITAL

Tupelo, MS
Phone: 662.690.4200
www.nmsh.state.ms.us

SOUTH MISSISSIPPI STATE HOSPITAL

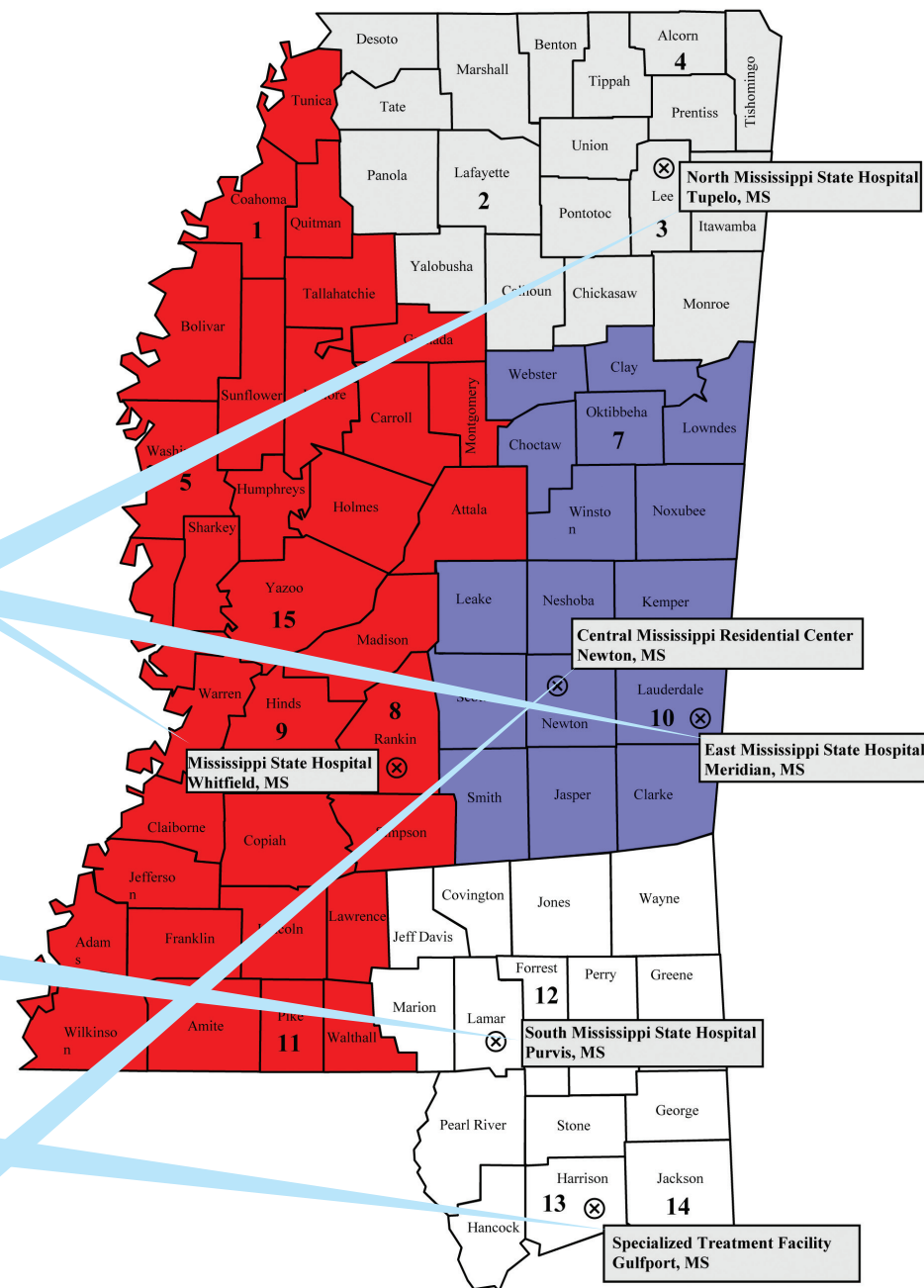
Purvis, MS
Phone: 601.794.0100
www.smsh.state.ms.us

SPECIALIZED TREATMENT FACILITY

Gulfport, MS
Phone: 228.328.6000
www.stf.state.ms.us

CENTRAL MISSISSIPPI RESIDENTIAL CENTER

Newton, MS
Phone: 601.683.4200
www.cmrc.state.ms.us



State-Run Behavioral Health Programs

What is an intellectual and/or developmental disability?

An intellectual disability is characterized by limitations in intellectual functioning and difficulties in a variety of everyday social and practical skills. A developmental disability is attributed to a cognitive or physical impairment that results in limitations in area such as self-care, language, and mobility. The term IDD covers a broad range of disorders and syndromes.



What help is available?

DMH is responsible for the development and implementation of services to meet the needs of people with intellectual and developmental disabilities. This public service delivery system is comprised of five state operated comprehensive regional programs, a state operated

program for youth who require specialized treatment, 15 regional community mental health/IDD centers and other non-profit community agencies/organizations that provide community-based services.

Community Services are available throughout the state for people with intellectual and developmental disabilities. Community Services include: assistive technology services; case management; diagnostic and evaluation services; early intervention; work activity; employment services; Home and Community-Based (HCBS) ID/DD Waiver services which may include home and community supports, respite care (in-home nursing, community and ICF/MR), day services - adult, supervised residential habilitation, prevocational services, supported employment, physical therapy, occupational therapy, speech / language/hearing therapy, behavior support/intervention and specialized medical supplies, and supervised and supported living arrangement services.

For more information, visit www.dmh.ms.gov or call DMH's Helpline at 1.877.210.8513.

What is the Intellectual Disabilities/ Developmental Disabilities Waiver (ID/DD Waiver)?

Mississippi's ID/DD Waiver provides individualized supports and services to assist people in living successfully at home and in the community and are an alternative to care in institutional settings. These Medicaid funded supports and services are available as long as the cost of supporting people in the home or community does not exceed the cost of caring for people in institutional settings. The ID/DD Waiver includes an array of services aimed at assisting people to live as independently as possible in their home and community. Services include: Supported Employment, Home and Community Supports, Supervised Residential Habilitation, Day Services-Adult, In-Home Nursing Respite, Community Respite, ICF/MR Respite, Prevocational Services, Specialized Medical Supplies, Behavior Support/ Intervention Services, and Speech, Occupational and Physical Therapy.

To access ID/DD Waiver services, contact the appropriate ID/DD program (see map on page 15) to arrange for an evaluation. When a person is determined to meet the same level of care criteria as someone applying for admission to an institution, he/she has the option to have his/her name placed on the ID/DD Waiver Planning List. Before the people can be enrolled from the Planning List, he/she must be determined eligible for Medicaid. If a person meets the requirements for enrollment in the ID/DD Waiver, his/her Support Coordinator from the ID/DD program will assist in developing a Plan of Care for the people. The Plan of Care will outline the type and amount of ID/DD Waiver services a person is requesting. The individual must also indicate his/her choice of a provider for each service. The request must be approved by the Bureau of Intellectual and Developmental Disabilities (BIDD). The individual will be notified of the type and amount of service BIDD approves on the Plan of Care. At that point, the Support Coordinator will notify the chosen agency that the person has been approved to receive services and services will begin.

For more information, visit www.dmh.ms.gov or call DMH's Helpline at 1.877.210.8513.

Programs for Persons with Intellectual & Developmental Disabilities

The IDD programs for persons with intellectual and developmental disabilities provide comprehensive residential care as licensed, intermediate care programs for persons with IDD. In addition to providing a supervised 24-hour setting, the regional programs provide active treatment for those individuals. The comprehensive program locations for persons with developmental disabilities are also a primary vehicle for delivering community services in various counties throughout Mississippi. In the community setting, the comprehensive program locations provide assisted technology services, alternative living arrangements including group homes, supervised apartments, specialized homes for the elderly, and supported living. These programs also provide diagnostic and evaluation services, employment services, early intervention services, and case management services.

Boswell Regional Center

Magee, MS
Phone: 601-867-5000
www.brc.state.ms.us

Hudspeth Regional Center

Whitfield, MS
Phone: 601-664-6000
www.hrc.state.ms.us

North Mississippi Regional Center

Oxford, MS
Phone: 662-234-1476
www.nmrc.state.ms.us

Ellisville State School

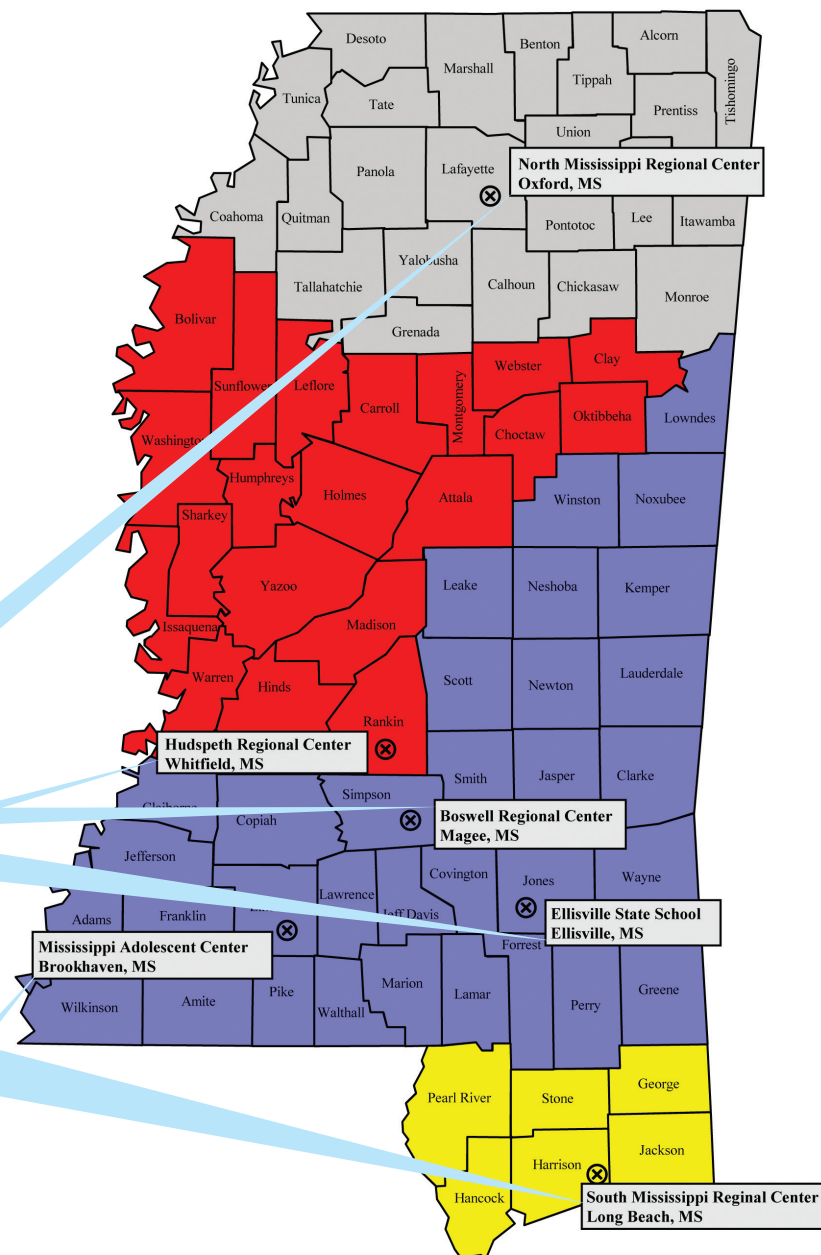
Ellisville, MS
Phone: 601-477-9384
www.ess.state.ms.us

South Mississippi Regional Center

Long Beach, MS
Phone: 228-868-2923
www.smrc.state.ms.us

Mississippi Adolescent Center

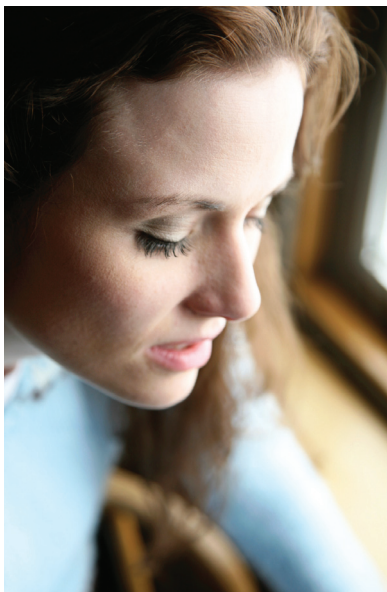
Brookhaven, MS 39601
Phone: 601-823-5700
www.mac.dmh.ms.gov



State-Run Programs for Persons with Intellectual Developmental Disabilities

Alcohol & Drug Abuse Services

DMH administers the public system of alcohol and drug abuse prevention and treatment services in Mississippi through the Bureau of Alcohol and Drug Abuse Services. A variety of outpatient and community-based residential alcohol and drug abuse prevention and treatment services are provided through a statewide network, which includes state-operated programs, regional community mental health centers, and other nonprofit community-based programs. DMH's goal is for each mental health region to have a full range of treatment options available for the citizens in its region. A system of services for alcohol and drug abuse prevention and treatment was designed to reflect the philosophy that alcohol and drug abuse is a treatable and preventable illness. The overall goal of this system is to provide a continuum of community-



based, accessible services. The services include prevention, outpatient, detoxification, community-based primary and transitional treatment, inpatient, and aftercare services. Technical assistance is also provided on the implementation of Employee Assistance Programs to state agencies and other interested organizations. In order to carry out effective alcohol and drug abuse services, DMH believes it must adhere to a commitment to quality care, cost-effective services, and the health and welfare of individuals through the reduction of alcohol and drug abuse. All community services are provided through a grant/contract with other state agencies, local public agencies, and nonprofit organizations.

The following services are provided in each mental health region: prevention services, employee assistance programs, individual, group, and family

counseling, outreach/aftercare services, primary residential services (including detoxification services), transitional residential services, vocational counseling, and emergency services (including a 24-hour hotline). Many regions also have available a 10-week intensive alcohol and drug outpatient program for people who are in need of treatment but are still able to maintain job or school responsibilities.

The Department's inpatient chemical dependency units are located at Mississippi State Hospital in Whitfield and East Mississippi State Hospital (EMSH) in Meridian. The chemical dependency unit at EMSH is a 25-bed unit for adult males with substance abuse problems who reside in the hospital's service area. EMSH also provides chemical dependency treatment and dual diagnosis (mental illness and substance abuse) treatment, for adolescent males. The chemical dependency service at Mississippi State Hospital consists of two units with a total of 80 active (staffed) beds. The units provide treatment for adult men and women with alcohol and/or drug problems.

For more information about alcohol and drug abuse services, visit www.dmh.ms.gov or call DMH's Helpline at 1.877.210.8513.



Alzheimer's Disease & Other Dementia



DMH is responsible for the development and maintenance of Adult Day Programs for people with Alzheimer's disease and other forms of dementia, and counseling, education and training for family members, caregivers and service providers. In 2000, it was estimated that 52,000 Mississippi citizens suffered from Alzheimer's disease or a related disorder.

Current projects include the funding of two adult day programs:

- Footprints Adult Day Services, Newton, MS
601.683.4320
- Garden Park Adult Day Program, Greenwood, MS
662.451.9058

Training can be customized at no charge for professionals, caregivers and service providers.

For more information about Alzheimer's Disease and other Dementia, visit www.dmh.ms.gov or call DMH's Helpline at 1-877-210-8513.



Crisis Stabilization Units

The role of the Crisis Stabilization Units in the regional system is to provide stabilization and treatment services to persons who are in psychiatric crisis. Many people with mental illness can be treated in the center and returned to the community without an inpatient admission to the state psychiatric hospital. The more quickly a person receives treatment, as opposed to being "held" without treatment, the less likely his or her condition will worsen. A person can receive involuntary and voluntary treatment at a Crisis Stabilization Unit. In addition, after treatment a person will already be connected with their local Community Mental Health Center.

CORINTH CRISIS STABILIZATION UNIT

Phone: 662.286.5469 • Fax: 662.286.6971

LAUREL CRISIS STABILIZATION UNIT

Phone: 601.426.7520 • Fax: 601.428.5790

BATESVILLE CRISIS STABILIZATION UNIT

Phone: 662.563.9176 • Fax: 662.563.7384

NEWTON CRISIS STABILIZATION UNIT

Phone: 601.683.4300 • Fax: 601.683.4303

CLEVELAND CRISIS STABILIZATION UNIT

Phone: 662.846.2620 • Fax: 662.846.2660

GRENADA CRISIS STABILIZATION UNIT

Phone: 662.227.3700 • Fax: 662.227.3740

BROOKHAVEN CRISIS STABILIZATION UNIT

Phone: 601.823.2300 • Fax: 601.823.2332

GULFPORT CRISIS STABILIZATION UNIT

Phone: 228.868.6524 • Fax: 228.864.2614

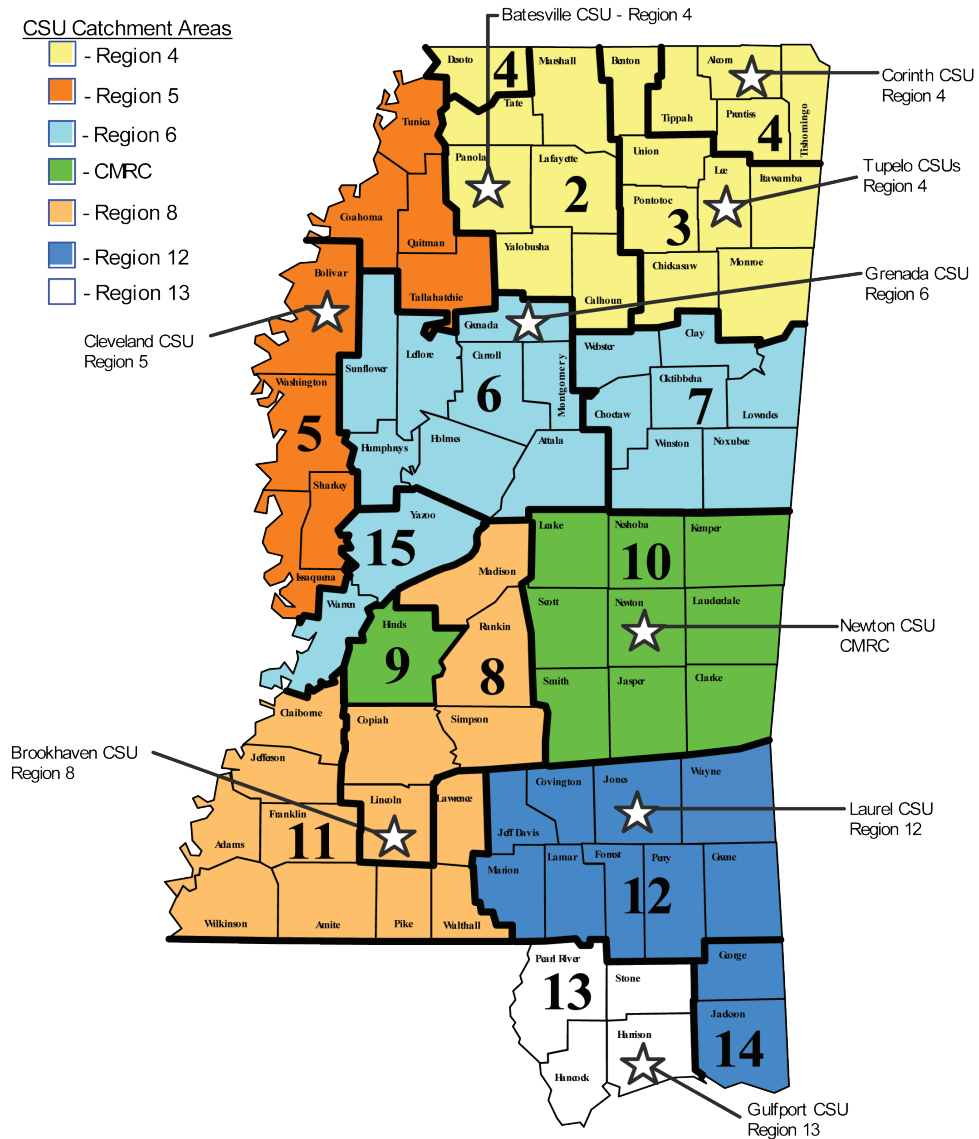
TUPELO CRISIS STABILIZATION UNIT

Phone: 662.680.6250 • Fax: 662.680.4250

Crisis Stabilization Units

CSU Catchment Areas

- Region 4
- Region 5
- Region 6
- CMRC
- Region 8
- Region 12
- Region 13





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239 N. Lamar Street
Jackson, MS 39201

Phone: 601.359.1288
Fax: 601.359.6295
TDD: 601.359.6230
Toll-Free Helpline: 1.877.210.8513